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BEYOND 20-20

by Pauline Johnson, M.S.

Pauline Johnson became a reading teacher to help her son, who suffered with dyslexia. Pauline went on to complete her Master's thesis on dyslexia, and later became academic Dean of Lighthouse Academy, where she began to define the sources of learning difficulties in children.

Pauline presented a detailed account of the vision improvement techniques she has developed, initially to help with her son's dyslexia. Dyslexics, Pauline asserted, tend to have bad directional sense, problems with right eye/left hand, left ear/right hand coordination, as well as difficulty in math and reading. After consulting with optometrists and doctors, she devised a general program for vision improvement that has proven effective for those with chronic vision impairment as well as patients suffering from a variety of illnesses and accidents.

Many of the problems experienced with vision are due to an incompleted stage in the developmental process. Pauline presented a pyramidal hierarchy of the development of physical, visual, and verbal skills:

Academic - verbal & mathematical
Balance - body/eyes work as a team
Work
Visual-motor integration
Fine motor skills
Gross motor activities (such as crawling)

The thrust of Pauline's interventions focus on moving backwards (down) in the hierarchy and repatterning at the appropriate developmental stage in order to correct problems in a latter stage.

In addition to traditional medical techniques, Pauline covered a variety of body/mind techniques to improve vision, and provided actual case histories. Among these techniques were:

- Hemi-Sync®—Playing METAMUSIC® behind sustained whiffle-ball eye-tracking exercises
- Trampoline—alternating right foot forward, left hand up, reading numbers and multiplying numbers at the same time

- Chiropractic, cranial kinesiology, reflexology, edukinesiology
- Win Wenger Technique—listening to self on heaphones while reading (reading smooths out due to immediate feedback)
- Wayne Fixator—develop near/far peripheral awareness
- John Shoe Pursuit Exercise—subject observes side to side, up and down, and diagonal movements of a moving pencil
- Pinhole Glasses—eyeglasses that contain hundreds of tiny holes that help exercise the eye muscles and open up alternative neural pathways
- A variety of other ocular facilitators—eye patches, anti-stress lenses, etc.

Pauline stressed that it is possible to overcome the need for eyeglasses. To maintain and improve vision, it is necessary to exercise the six eye muscles so that they can develop and maintain their inherent elasticity. Mental attitude, she said, is key factor in improving vision. That, combined with good nutrition and proper eye care and exercises, can lead to recovered eye health, improved motor coordination and increased mental comprehension.

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